

# Daily Baby & Toddler Nutrition Needs

(Unless otherwise noted, all amounts are per 24 hours)



CHILD'S AGE >	0 to 4 months	4 to 6 months	6 to 8 months	8 to 10 months	10 to 12 months	12 to 24 months
Breast Milk & Formula	<b>21-24 oz</b> (6-12 feedings per day, about 2-4 oz each)	<b>24-32 oz</b> (4-6 feedings per day, about 4-8 oz each)	<b>24-32 oz</b> (4-5 feedings per day, about 5-8 oz each)	<b>24-32 oz</b> (3-4 feedings per day, about 6-8 oz each)	<b>20-32 oz</b> (3-4 feedings per day, about 5-8 oz each)	<b>16-24 oz</b> breast milk if still nursing, although no formula is necessary (1-4 breastfeedings daily, sometimes more)
Cow's Milk	none	none	none	none	<b>1 serving</b> One serving equals 1/2 cup whole milk yogurt, or 3/4 ounce cheese	<b>2-3 servings (4-8 oz each)</b> One serving equals 1/2 cup whole milk, 1/2 cup yogurt, or 3/4 ounce cheese.
Cereals & Grains	none	<b>3-4 tbsp</b> Offer Baby iron-fortified cereals, starting with rice.	<b>4 tbsp or more</b> Choose iron-fortified cereals, specifically.	<b>4 tbsp or more</b> Consider iron-fortified cereals and finger foods such as teething biscuits, pasta, puffs, and crackers.	<b>4 tbsp or more</b> Consider iron-fortified cereals and finger foods such as teething biscuits, pizza crusts, and bread (1-2 slices per day).	<b>6 or more servings</b> One serving equals 1/2 slice bread, 1/4 cup dry cereal, 1/3 cup cooked cereal, 1/2 bagel or muffin, 1/3 cup cooked rice or pasta. Continue the infant cereals 2 times / day for the extra iron.
Vegetables	none	none	<b>Start with 1 tbsp per meal, work up to 4-5 tbsp / day</b> Choose strained veggies or stage 1 veggies.	<b>4 tbsp or more</b> Offer cooked veggie pieces, none bigger than your child's thumbnail. Shoot for the consistency of canned carrots.	<b>4 to 8 tbsp</b> Split each day's veggie allotment into one to two types of veggies.	<b>3 servings</b> One serving equals 1/4 -1/2 cup cooked or raw veggies.
Fruit	none	none	<b>Start with 1 tbsp per meal, work up to 4-5 tbsp / day</b> Choose strained fruits or stage 1 fruit.	<b>4 tbsp or more</b> Offer cooked fruit pieces, none bigger than your child's thumbnail. Shoot for the consistency of a baked apple.	<b>8 to 12 tbsp</b> Split each day's fruit allotment into one to two types of fruit.	<b>2-4 servings</b> One serving equals 1/4 cup canned fruit, 1/2 cup fresh fruit, 4 oz of 100% fruit juice.
Meat/Protein	none	none	none	<b>1 tbsp</b> Offer cooked, pureed meats or poultry, cheese cubes, tofu, or egg yolk.	<b>2-4 tbsp</b> Offer cooked, pureed meats or poultry, cheese cubes, tofu, or egg yolk.	<b>2-3 servings</b> One serving equals 2 tbsp cooked meat, fish, or poultry, 1 egg, 1/4 cup cooked beans. (Shoot for protein portions the size of your child's palm, 2-3 times a day.)
Water	none	<b>4 or more oz</b>	<b>4 or more oz</b>	<b>4 or more oz</b>	<b>4 or more oz</b>	<b>4 or more oz</b>